




# Walking Wisely

- ◆ **Get off to a safe start** before you leave the house.
  - ❑ Check the weather outside. Be sure you have your glasses, hearing aid, cane or walker (if you use any of these items).
  - ❑ **Wear light or bright colored clothing** so drivers will notice you. This is especially important in the winter months when people often wear dark colored coats, and it gets dark earlier.
  - ❑ **Attach retro-reflective stickers or tape** to your clothing, bag, shopping cart, walker or cane. It will make you more visible to drivers.
- ◆ **Stop at the curb.** 
- ◆ **If the pedestrian signal shows** , wait for a fresh  so you'll have the most time to cross the street.
- ◆ **Before stepping off the curb**, look left-right-left.
  - ❑ **Make sure the driver sees you.**
  - ❑ **Hold your hand up high** or even wave at the driver. If you're not sure the driver sees you, let the car go by.
  - ❑ **If a double-parked car**, bus, mailbox or bush blocks your view of the roadway, it may block the driver's view of you, too. Walk to the edge of the object, stop and look around it for oncoming traffic.
  - ❑ **Cross only when you are sure it is safe.**
- ◆ **Keep scanning** as you cross.
- ◆ **Treat a driveway** as if it were a road.
  - ❑ **Stop and look** before you cross the driveway.
  - ❑ **Look** for back-up lights.
  - ❑ **Listen** for engine noises and back-up beepers.
- ◆ **Be aware of high curbs**, uneven sidewalks, and icy or slippery pavement.
- ◆ **If you're taking medication** that makes you drowsy or dizzy, walk with someone who is alert or wait until you feel more alert.
- ◆ Don't be afraid to **ask for help** when needed.

**BE ALERT!** Always be aware of what's happening around you, and what might happen next.



New York City  
Michael R. Bloomberg, Mayor



New York City  
Department of Transportation  
Janette Sadik-Khan, Commissioner

